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natural at that time, on semi-charitable lines. Since then other legacies, sick clubs, etc., for nurses have been established, and towards the end of July, 1899, Danish nurses associated in the organization of a Danish Council of Nurses, with the express resolution of joining the Danish National Council of Women and the International Council of Nurses. But unfortunately the reactionary party got hold of the administration of the Council, and nothing has been heard since then of affiliation to either the Council of Women or to the Council of Nurses. Yet many Danish nurses, when they heard of the plan of international organization of nurses, grasped the idea most enthusiastically, and so we may hope that in one way or other Danish associations of nurses may be represented in the International Council of Nurses.

When nurses fully realize what benefit they may derive from organization, both national and international, when they realize the great support which they can obtain from the woman movement, then the conditions of nursing work in Denmark will become satisfactory, but not till then.

THE OBJECTS OF THE GRADUATE NURSES' ASSOCIATION OF CLEVELAND

BY M. HELENA McMILLAN, B.A.

THE objects of the Graduate Nurses' Association of Cleveland are plainly stated in the constitution, which claims that the organization has been formed "to promote mutual benefit, to stimulate an active interest in nursing affairs, and to co-operate with such movements as will tend to establish a high and just standard for the nursing profession."

We seem, indeed, to have made a brave stand—our ideal is a high one. But whether we have been brave in reality, or merely ignorant in thus binding ourselves to the rather undeterminate purport of the several clauses of this portion of the constitution, remains to be seen. Having then practically pledged ourselves to attain certain standards, our first duty naturally would be to find out to a nicety what we have promised, what we are actually aiming to accomplish, so that, as well as working conscientiously and energetically, we may work intelligently towards, and not around, our desired goal.

The first of the series of our pledges is "to promote mutual benefit." By the word promote is meant to contribute towards or advance the growth or prosperity of any undertaking. In order to do that, we must give from ourselves and of ourselves a part—smaller or greater

in proportion to the result which we wish to obtain. What is given or how much is optional must depend upon the desire and upon the weakness or strength of the individual. There, however, the option ends—that we give in one way or another is a necessity, if we would contribute towards or promote mutual benefit.

But besides being a necessity, giving is a pleasure and the natural inclination of mankind. What would we do with our possessions, our gifts, ourselves, if we did not give them? Why do we live, if it is not to give?—not rashly nor promiscuously, so that all may be used at first and nothing left for a possible greater need, but intelligently and in such manner that the recipients in turn may be enabled to give, and that the donor may be strengthened for subsequent demands.

In a society such as ours, composed of women with considerable diversity of education, manner of living, and individuality, there should be little difficulty in choice of contribution. We may give of our money, of our time, or of our thought. Each of us must devote to the association a limited amount of money. If one or more members be rich in this world's goods, and it seem wise to assign a larger portion of the monthly or yearly income to the uses of the association, their contributions might take that form. Each of us, again, must give some time to the society. Our mere presence at the monthly meetings is not sufficient. Most of us are so situated that we may give more—and much more—time to the association than one hour monthly, and contribute our mite in that way.

But those who cannot give much money or much time can give thought, and by their earnest, interested consideration for the welfare of the association may become the most useful and valued contributors, and may do most towards promoting mutual benefit.

The character of the benefits received by its members through such an organization as ours may be variable indeed. Our constitution demands that the benefit should be mutual, but beyond that condition we are free to decide what form it may take, whether it shall be restricted to one class or be free to all.

That the advantages accruing should be of a professional nature would be natural from its membership; that, in addition, it should be of social, financial, intellectual, and even moral assistance to individual members would make the organization a stronger and more useful one.

We may ask, "How are all these advantages to be obtained?" First, by the mere fact of our union. By it we at once strengthen ourselves, for, from being an indefinite number of individual nurses, scattered and unrecognized, we become a body of women organized in a business manner and representing the graduate nurses of the city.

In order to do this, however, the union must be a union in reality. When union takes place, it implies a joining together of two or more things or persons resembling each other. In this association we are all similar in that we are all nurses with a certain necessary standard of graduation and of professional reputation. If we would be assured that this union of nurses will prove advantageous to the individual member and of use to the public, we must see to it, each one of us, that our society admit none but those who will maintain or add to its present dignity; we must see that its present members by their individual irreproachable reputations make a combined reputation which is also irreproachable.

Much as we would like to be generous, to throw open our doors to every woman who calls herself a nurse; much as we would like to help her along and draw her up as we ourselves ascend, we cannot afford to do it; our duty towards the society will not allow it. If in this one point we fail, if we do not establish and maintain a careful and correct discrimination of applicants for membership, instead of accomplishing our object and uniting in such manner as to draw respect from others and gain assistance for ourselves, we will, by recognizing women without professional or other standing, in the eyes of the public lose that standing which we already have.

However, the good reputation of the association depends not only upon the careful choice of new members, but also upon the continued, unbroken record of honorable, professional behavior among those who are already recognized members. This being the case, it is the duty of the individual member to see, first, that her own professional dignity is beyond question, second, that the standard demanded by the association is maintained by all its members.

Each of us should realize that this is a duty which we owe to ourselves and to each other if we would maintain the reputation which it is essential a woman and a nurse should hold.

On the other hand, a spirit of petty fault-finding and criticism of each other must be carefully avoided. Let us aim to be generous, merciful, cautious in dealing with the individual, but just, wise, and prudent in acting for the greatest good of the whole. In order to do this we must know what our standard is: we must learn what professional behavior the association expects. The only way to do this is to study carefully, individually, and collectively the "ethics of nursing." We must find out what we each of us mean by the "ethics of nursing." When we know our own views on the subject, we must compare them with the ideas of the other members, discussing the different opinions thoughtfully and fairly; then, having conscientiously studied the subject from

all points of view, we must so combine the varying conclusions as to form the matured decision of the majority.

When we have accomplished that much, each member is in a position to know what she must demand from herself, what she must expect from other members, in order that each may live up to the requirements of the association.

There are innumerable other ways in which the members of this association may help themselves and each other. For instance, by trying to be businesslike in our methods of conducting the society and meetings we will teach ourselves much. We will learn to be punctual, so that the meetings may begin promptly at the specified hour. As each point of business is brought before the meeting, we will learn to express our opinions briefly and to the point, without hesitation or delay, so that the business and programme of the day may be accomplished, the interest of the members may be retained, and the meeting itself brought to a close promptly at the time specified.

All this, however, means that each one of us must make an effort to take part in the meetings. If we would learn these things, we must seize the opportunities as they come. At first, without doubt, we will make mistakes, we will be distrustful of our own ability, and hesitate about undertaking our share. But if we would learn, we must make a start. Even if we do make mistakes, what does it matter? We are all learning together—besides, we must remember that she who makes the greatest effort, she who does the most work, is apt to learn most, and in the end to profit most.

The formation of this society, again, gives us an opportunity of comparing notes with other nurses, of asking advice on points which are doubtful, of telling experiences which may be of help to others.

One advantage offered by the association which we must all fully appreciate is the privilege of meeting and working with women who represent the modern trained woman and graduate nurse. The nurse whom we have met and known in our school societies was the unfinished pupil, with the thoughts and actions of the pupil. Our society now introduces us to that pupil two, ten, twelve years later—matured. She is much more interesting, for she is farther advanced in her training; she is much more instructive, for her training has broadened into the unlimited experience of life. In this society there should be found members who have made such good use of the lessons of life, who have so developed and grown, that by their mere example they will stimulate the rest of us to aim higher and to reach nearer to our ambitions than we have as yet been able.

As the society grows it will broaden in its aims, but even with its

present limited scope, if we accomplish what has been enumerated, we will surely do much towards promoting mutual benefit, we will give a reasonable excuse for our existence.

The second undertaking which our constitution obliges us to consider is that of "stimulating an active interest in nursing affairs." This again opens to us a wide field for offering assistance to others and, as a result of the effort, of developing ourselves.

Many of us are already possessed of a sort of vague, passive, lazy interest in nursing affairs in general. We don't know just how much or how little is meant by "nursing affairs," but as long as we are not bothered we are quite willing and even anxious that whatever touches nurses or their work should be managed successfully. We like to know that there are women who devote their time and thought to these same affairs. It is quite out of our province, however, for we haven't time to take from our own especial work and pleasure to help along the work as a whole.

But this is not the kind of interest our constitution demands. It specifies that the interest should be an active one. It must be an interest which will cause each member to find out what is comprised in "nursing affairs," to study each separate division carefully, to think of it herself and talk of it, so that others also may be interested.

The number and diversity of subjects closely touching the nurse and her work are so great that there is provision for every need, there is selection for every taste. These subjects, again, are changing and widening so rapidly, the field of the nurse is growing so quickly, that before it is time to weary with their study from one point of view they themselves take a step forward and compel us, in turn, to advance and work out the problem from the new stand-point.

In a paper such as this it is not possible to do more than enumerate a few of the many subjects which are to-day waiting to be solved by the nurses of the country. We might place first on our list one upon which we will soon be able to speak with authority—that is, local associations. Buffalo, Chicago, and possibly one or two other cities have been ahead of Cleveland in organizing, but not very much so. It remains for us to demonstrate not only to our own city, but to those in our State what a local association of nurses may do.

Then we have the *alumnæ* association and the national *alumnæ* association, the superintendents' meetings, the preparatory school for superintendents, the new magazine managed by nurses, nurses' clubs and nurses' homes, nurses' settlements, nurses' registries, nurses' fees.

Other points open for discussion and solution are the duty the nurse owes to the public, to the health of the community where she

resides; her relation to the charitable institutions of the city; the variety of opportunities open to the good nurse; institutional or private nursing; office work; district and hourly nursing and the duties involved in each; the time a nurse on private duty should take for rest and air; how this time shall be obtained; who shall relieve her and be responsible for the patient during her absence; financial investments advisable for the nurse; how to treat the experienced nurse who is struggling to live but is not always so merciful towards her patients. We might go on indefinitely. There are dozens of subjects which must be of interest to nurses who wish to keep up with the times and not develop into mere machines.

Do let us keep ourselves awake; let us be intelligent women who realize in its true character the work which we have undertaken.

The third and last clause of the acknowledged object of our organization states that we are "to co-operate with such movements as will tend to establish a high and just standard for the nursing profession."

Of the three clauses this is the only one which limits us. By its wording it implies that not all results which may be represented as desirable are really for the true interest of the nurse and the best advancement of her work. It immediately puts us on our guard and warns us to avoid joining in any movements but those which we are morally sure will in the end benefit the nurse. Under these conditions, before we agree to work towards any result, before we take the first step in the matter, we must study it with the view of finding out what will be the real effect on nurses as a whole.

If we connect ourselves with every professional fad merely because we are invited to, if we are influenced by every persuasive voice, very shortly our energies will be expended and we will have accomplished—nothing. Worse than that, we may, by working in the wrong direction, not only waste our strength, but cause some calamity through our mistaken zeal.

How much more dignified if we, as a society, resolve to act on no question until we have studied it, not hurriedly, but slowly, deliberately, generously.

We are a body of thinking women, not to be led by one, by a dozen, but to work out for ourselves our own solution.

When we have formed our decision, let us stick to it until we are convinced that our reasoning has been wrong and our conclusions false.

Provided, on the other hand, our judgment tells us the object is one which will be beneficial, let us be generous in devoting ourselves to its accomplishment. Let us show ourselves a power—a society in deed and not only in name.

This last clause of our object in itself presents to us ideas and suggests thoughts which might easily fill numerous papers as lengthy as this one. For instance, it speaks of the high and just standard of the nursing profession. Does it mean high moral, high intellectual, or high social standing? Surely not the last, because nurses, as a whole, will never be recognized socially. The individual nurse who is ambitious for social recognition, provided she be socially qualified and willing to take the trouble to meet social demands, may obtain her wish.

As a class, however, the nurse represents the workingwoman and stands on a par with all other business women. Like other business women, she is working to earn her living by honest means.

The ambitious business or professional man wishing to make a success of what he undertakes does not think it too much to devote all his time, all his thoughts and energies, to that upon which he is engaged. The years and money he has spent or is spending in receiving necessary instruction in that one particular branch of work are not begrudged. He considers every expenditure in the form of an investment which in the future will bring forth interest in proportion to the amount invested.

Just so the nurse must realize that to obtain ultimate success in her work she must sacrifice everything but that which will assist in the necessary preparation. The qualifications, however, which are necessary to make the successful nurse differ from those of other business women. In a nurses' association it would be superfluous to enumerate these qualifications. For the sake of reaching our conclusion, however, allow me the privilege of repeating the well-known statement that, besides the practical and theoretical perfection which is essential for the nurse, there must be adaptability of temperament. Either the woman must be fortunate enough to possess a character which is strong in moral attributes, a mind which is above the average in intelligence, and a body which is healthy, or she must be endowed with a will power so strong and an inclination so unchanging that she is enabled to change and mold and soften the character, to cultivate and refine the mind, to strengthen the body and produce a habit of good health. Such being the case, we would probably be justified in assuming that our constitution speaks of a high moral and a high intellectual standing.

One other thought which the third clause of our object suggests is that much of our work will not show results immediately, but in the future. It reads that we are "to co-operate with such movements as will tend to establish," and so on. Each movement may be only one step towards attaining our desired goal, which may itself be far distant. This means that we are working not alone for ourselves, but for succeeding

generations of nurses. We sow the seed so that they may reap. This is a privilege which we should appreciate, and it is a duty which we cannot escape—if we would.

One of the leading educationalists of the day states that “the nineteenth century has given a wholly unprecedented recognition to the fact that the principal work of each generation is the training of the next—not merely the transmission of the world’s ever increasing store of knowledge, but chiefly the development of power and capacity in the individual, so that the new generation may be clearly wiser and better than the old.”

As women of the nineteenth century, if we wish to do women’s work in the world we must listen to this edict. As nurses who are graduates of schools struggling to be recognized as educational institutions, we cannot afford to do otherwise than be guided by the voice of the representative educationalists.

With us, both as women and as nurses, there are opportunities for good to ourselves and to others which are almost unequalled in any other body of individuals. All we have to do is to seize these opportunities and to use them judiciously.

If we will it, this organization, starting in a small way, may send forth influences which will be far reaching, which will accomplish much for the nurse and the woman.

OBSTETRICAL EMERGENCIES

By HENRY D. FRY, M.D.

(Concluded)

THE treatment of hemorrhage occurring before or during labor differs from the treatment when occurring subsequent to it.

Hemorrhage may take place at any of the months of pregnancy. It may be profuse and threaten the life of the woman or destroy the product of conception. Severe bleeding in the early months of gestation is usually followed by abortion or miscarriage. Occurring in the latter months, it may be due to the insertion of the placenta near the mouth of the womb.

The treatment of either emergency is the same, viz., to prevent the loss of blood by mechanically plugging the vagina. Every care in aseptic detail should be observed.

The best material for the tampon is sterilized gauze. This may